

Ask Bill Baum

Popopolas (Greek)  
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Baum

They had no children  
" lived in back Hytton's Auto Parts

For  
Hivery  
Book

glandular organs; pickled meats or fish; rich foods except as permitted on above list; all breads except hot breads; whole, raw or gas forming vegetables as cabbage, cauliflower, onions, radishes, cucumbers, brussels sprouts, and dried beans and lentils; fried foods and highly seasoned foods; spices and condiments such as pepper, mustard, chili sauce, pickles, and relishes; rich pastries and pies; concentrated sweets as syrups, candies, and jellies; olives, raisins, nuts, cocoanut; alcoholic and carbonated beverages.

Sample Menu:

BREAKFAST

Pureed Stewed Prunes  
Farina, Cream, Sugar  
Soft Cooked Egg  
White Toast (2)  
Butter  
Milk or Cocoa

DINNER

Str. Cr. Asparagus Soup  
Soda Crackers  
Sl. White Chicken Meat  
Mashed Potatoes  
Pureed String Beans  
White Toast (1) -Butter  
Creamy Tapioca Pudding  
Milk

SUPPER

Str. Cr. of Spinach Soup  
Soda Crackers  
Cottage Cheese  
Stuffed Baked Potato  
Pureed Peas  
White Toast (1) -Butter  
Canned Peaches  
Eggnog